



**FAA Center for Management and Executive Leadership  
Palm Coast, Florida**

# Stall Street Journal

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**Health Headlines**

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## October is Spinal Health Month

Obesity affects more than 60 million Americans each year and has been directly correlated with many chronic health problems, including spine issues.



A startling 87% of spine professionals surveyed agree that obesity plays a significant role in back pain and most (94%) say they recommend weight loss as a treatment option for obese patients. In follow-up treatment, 55% found significant improvement in their patients' symptoms as a direct result of weight loss.

The 3 most common diagnoses in obese patients include degenerative disc disease (wear and tear of the disc itself); spondylolisthesis (slippage in the lower back); and a disc rupture or herniation. Obese patients are also at increased risk of developing spondylolysis – a fracture in the vertebrae, and spinal stenosis – which is narrowing of the spinal canal.

Physical activity is extremely important and the most often prescribed treatment for spine health, since a patient's back joints and discs rely on motion to keep them healthy. Overweight patients often suffer from muscle atrophy due to inactivity which worsens back symptoms and problems.

*For more information about Spine Health visit [www.spine.org](http://www.spine.org).*

## What is Mental Illness?

Mental illnesses are disorders of the brain that can often profoundly disrupt a person's thinking, feeling, mood, and ability to relate to others.

Included are: bipolar disorder, schizophrenia, major depression, obsessive-compulsive disorder, anxiety disorders such as Post-Traumatic Stress Disorder, and other severe and persistent mental illnesses.

The most disabling conditions affect 5 to 10 million adults (2.6 – 5.4%) in the U.S. and are the leading cause of disability (lost years of productive life) in the world.

Today, treatments are highly effective, however early identification and therapy are vital.

Without treatment, social consequences are staggering: unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide (\$100 billion/year in the United States).

*Visit the National Alliance on Mental Illness website:  
[www.nami.org](http://www.nami.org)*

**For more information contact:**

**C MEL  
Health Awareness  
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## Breast Cancer Awareness

Breast cancer is the leading cause of death in women between the ages of 40 and 55. In addition, 1,600 men are expected to be diagnosed with breast cancer this year and 400 are predicted to die. While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. As always, discuss any family history with your doctor. *Follow up if:*

- A lump is detected – usually single, firm, most often painless.
- Skin on the breast or underarm swells and has an unusual appearance.
- Veins on the surface become more prominent on one breast.
- The nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge other than breast milk.
- A depression is found in an area of the breast surface.

*For more details, visit: [breastcancer.org](http://breastcancer.org)*